

Services are free for Families with an under 5yr old living under Wiltshire Council Local Authority.
RISE are offering a blended delivery with courses accessible virtually or face to face. Phone/ email to enquire and book.

If you would like further information or express an interest in the services on this page,
please call us on 01249 463040 or email courseadmin@therisetrust.org

Baby and Me

5 week course for all new carers (Mums, Dads, Foster/Adoptive Parents, Grandparents) with babies up to 20 weeks old. Sessions cover wellbeing, health, managing crying, safety, baby development & next steps

Baby Steps

Perinatal programme covering the weeks before & after birth
Call to express your interest

Baby Massage

5 week course for parents with young babies

Breastfeeding Support

Mon 10-11:30am Spring Rise, Chippenham face to face
Wed 12:15-1pm virtual

Chat, Chill and Connect

Local social sessions providing an opportunity for parents to interact with one other & access advice about their child (not available in all areas)

To contact a Health Visitor
please call HCRG Care Group
SPA on
0300 247 0090

Outreach Support

One to one support when it is needed for various issues that can affect family life - parenting, debt, mental health issues, relationships, housing employment etc

Family Visiting Service (FVS)

One to one support from a trained volunteer to help & support in the family home or out in the community

Follow us on Facebook:

The RISE Trust – North Wiltshire Children's Centre Services



And Instagram:
[the_rise_trust](https://www.instagram.com/the_rise_trust)



Five to Thrive –



5 key aspects of parenting supporting healthy brain development.
Five to Thrive is woven through all our delivery, in particular Learning Matters and Baby and Me

Being a Parent

EPEC (Empowering Parents, Empowering Communities)

9 week programme focusing on positive parenting
"Parents learn practical communication skills for everyday life to bring up confident, happy and cooperative children"



EMPOWERING PARENTS
EMPOWERING COMMUNITIES

Behaviour That Challenges

5 week course to discover techniques & tips on how to support children's feelings and encourage positive behaviour

Early Words Together at Two

5 sessions with fun & simple activities to help young children (aged two) learn & help parents support their child's language development

Bookstart Corner

Increase your confidence sharing books & stories. Exciting 4-6 week programme all about reading and rhymes. For children from 18mths old. Free Bookstart Pack provided

Learning Matters

4 week course to understand how you can support your child's progression through the different areas of development

Ready, Steady, School

4 interactive sessions for parents & children who are starting school. This covers independence, new routines & managing emotions

Two year funding

You may be entitled to claim up to 15 hours of free childcare for your two year old. **Contact us for information or for support to apply**

Sensory Room

Available for parents of children with additional needs up to 5 years or families with children from 0-24 months. (RISE, Calne & RWB centres)

Call to book

£1.50 charge per half hour booking
Free Healthy Start Vitamins Collect from our Children's Centres. Contact for details & how to apply



Freedom

Rolling programme for women who are experiencing, or who have experienced, domestic abuse. It aims to empower you, build confidence & help you learn to recognise the signs of abuse

Freedom Forever

Programme for women who have completed Freedom. It provides support to move on increase assertiveness & to respond to the specific effects of exposure on children

Wiltshire Health Improvement Coaches

One to one sessions. Friendly support to improve your health & make positive lifestyle changes. Access through Wiltshire Council website
www.wiltshire.gov.uk

Checkout our website

www.therisetrust.org



